

TRICARE Reserve Select (TRS)

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Summary

TRS is a premium-based health plan available worldwide to Selected Reserve members of the Ready Reserve (and their families) who are not eligible for or enrolled in the Federal Employee Health Benefits (FEHB) program (as defined in Chapter 89 of Title 5 United States Code (U.S.C)).

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Frequently Asked Questions

Q. What coverage are my Family and/or I eligible for?

- A. To determine coverage qualifications, go to the [TRICARE website](#) and select TRICARE Benefit Information. From there, you can find out what coverage you are eligible depending on your duty status.

Q. How do I enroll in TRS?

- A. Go to the [TRS Portal](#) and follow the onscreen instructions. Print and sign the TRS Request Form (DD Form 2896-1).

Q. Who do I contact if there is a coverage issue when receiving care?

- A. If any issues arise when attempting to receive care under TRICARE, you should first contact your Regional TRICARE Office. If in North Region, contact HealthNet Federal Services at 1-877-874-2273. If in South Region, contact Humana Military Healthcare Services at 1-800-444-5445. If in West Region, contact TriWest Healthcare Alliance at 1-888-874-9378. To find out which Regional TRICARE Office you belong to, go to the [TRICARE Regional and TRICARE Area Offices Website](#).



Q. How can I find out about updates to TRICARE benefits in the future?

- A. TRICARE is committed to keeping its beneficiaries informed about their benefits. TRICARE will make new information available on their website, through their call center, and via all educational materials as soon as they become available.

Q. What if I am told that there is an issue related to my Defense Enrollment Eligibility Reporting System (DEERS) record?

- A. Contact your local DEERS/RAPIDS Office for the majority of problem resolutions. RAPIDS Sites can be found using the [Real-Time Automated Personnel Identification System \(RAPIDS\) Site Locator](#). Please contact local ID card facility by phone to set up an appointment and ask about any documentation that you may need to bring with you.

Q. How can I find a healthcare provider that accepts TRS?

- A. To find a provider, go to the [TRICARE website](#) and select "TRICARE Benefit Information".
- Click on the "Site Map".
 - Click on "Medical" and select "Find a Provider".

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Links

- [Department of Veterans Affairs Health Center](#)
The VA Health Centers website is a resource for all Veterans/Retirees to find additional information related to their health care.
- [Health.mil](#)

The Military Health System (MHS) is a global medical network within the DoD that provides cutting-edge health care to all U.S. military personnel worldwide.

- [myDODBenefits](#)
myDODbenefits is an application provided by the DMDC that allows sponsors and their beneficiaries to access information regarding their benefits from a centralized location.
- [TRICARE Website \(National Guard Specific Information\)](#)
Members of the National Guard and Reserve and their family members are eligible for different TRICARE benefits depending on their duty status.
- [TRS Website](#)
The TRS Website is a site with information and other resources related to TRS.

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References

Regulations

- [Title 10, United States Code – Armed Forces](#)
- [Title 5 United States Code, Chapter 89 – Health Insurance](#)

Documents and Forms

- [DD Form 2896-1, TRS Request Form](#)

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Points of Contact

- North Region, HealthNet Federal Services, 1-877-874-2273
- South Region, Humana Military Healthcare Services, 1-800-444-5445
- West Region, TriWest Healthcare Alliance, 1-888-874-9378
- Overseas Pacific, 1-888-777-8343
- Europe, 1-888-777-8343
- Latin America/Canada, 1-888-777-8343
- Puerto Rico and the Virgin Islands, 1-888-777-8343
- [RAPIDS Site Locator](#)

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